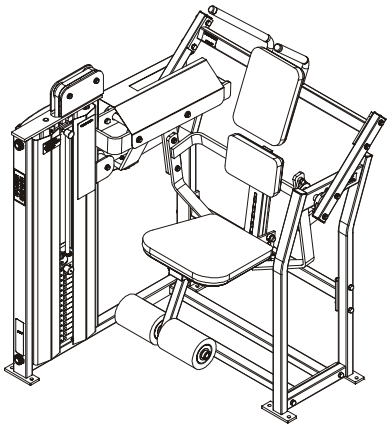

**MTAB**

# Motion Technology Abdominal Press

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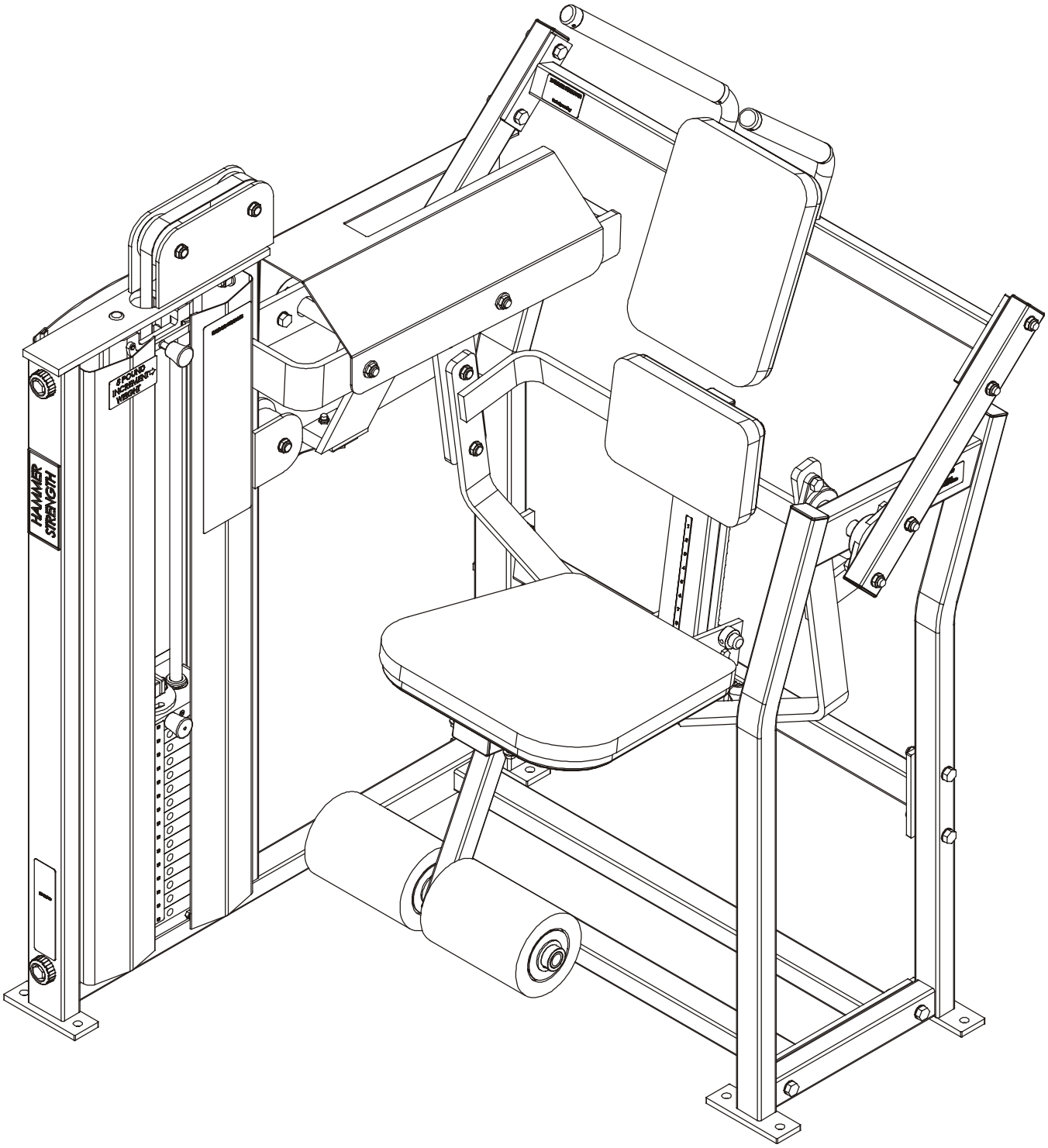
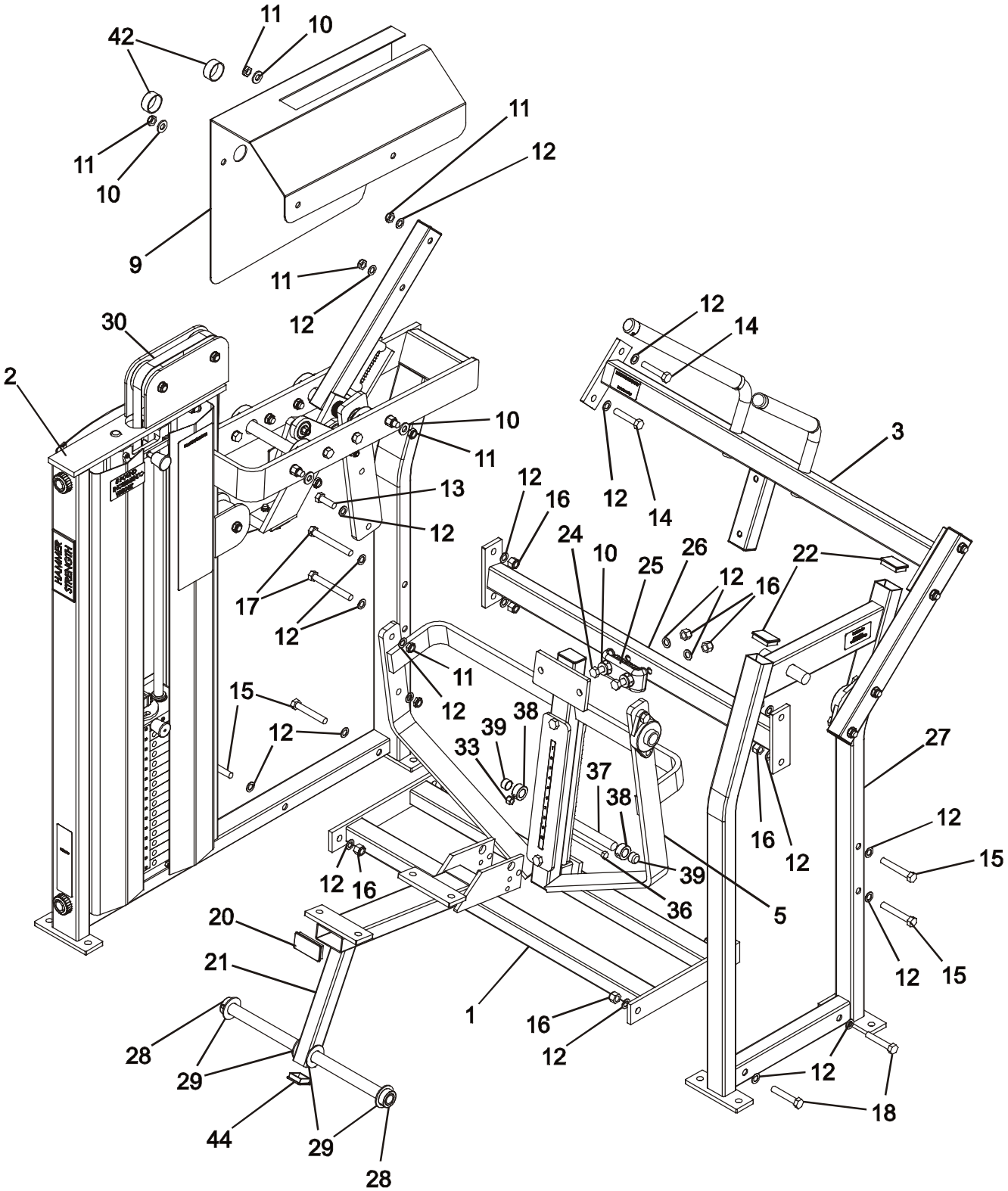
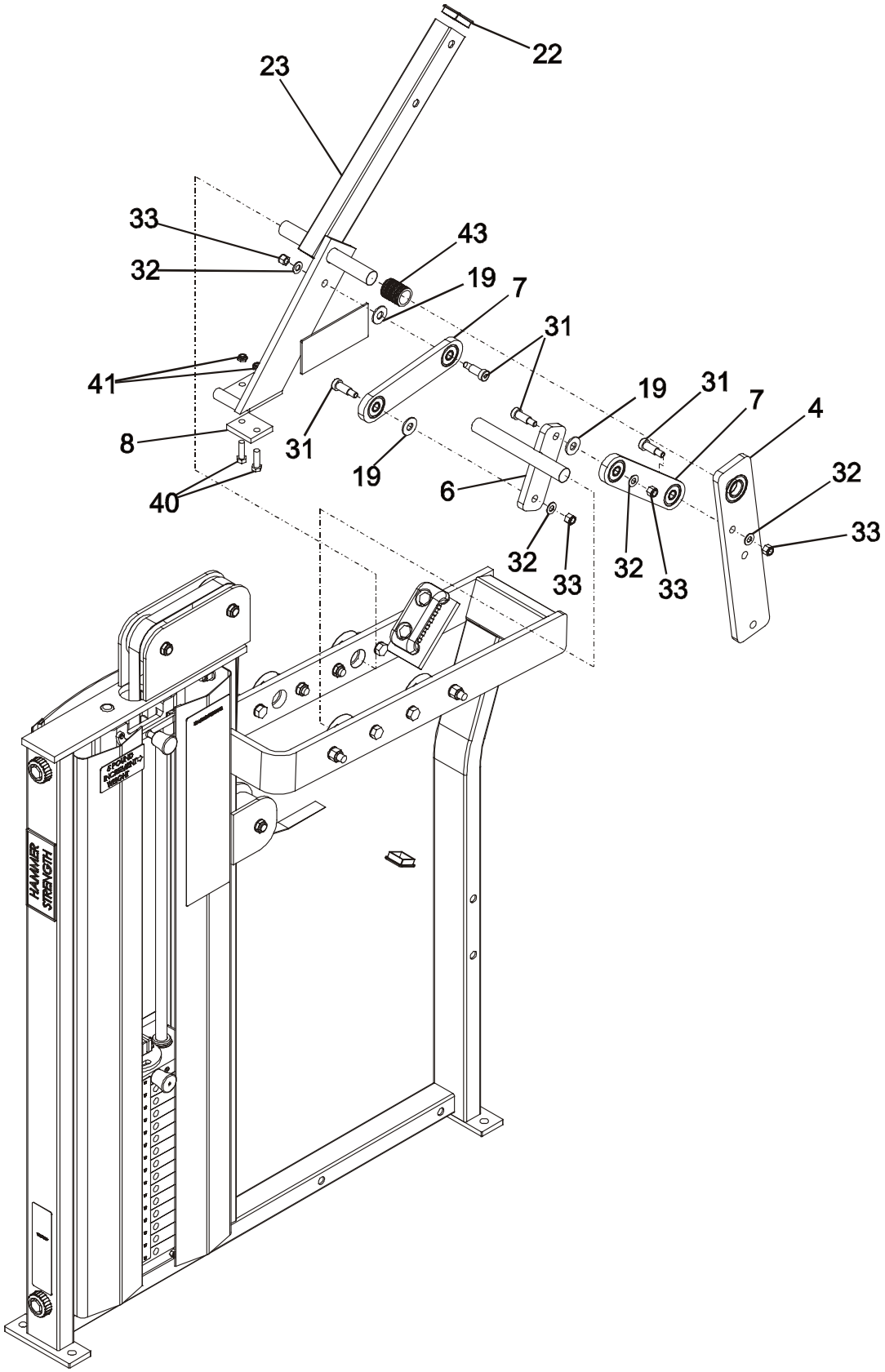
## MTAB-Motion Technology Abdominal Press
## Abdominal Press Assembly



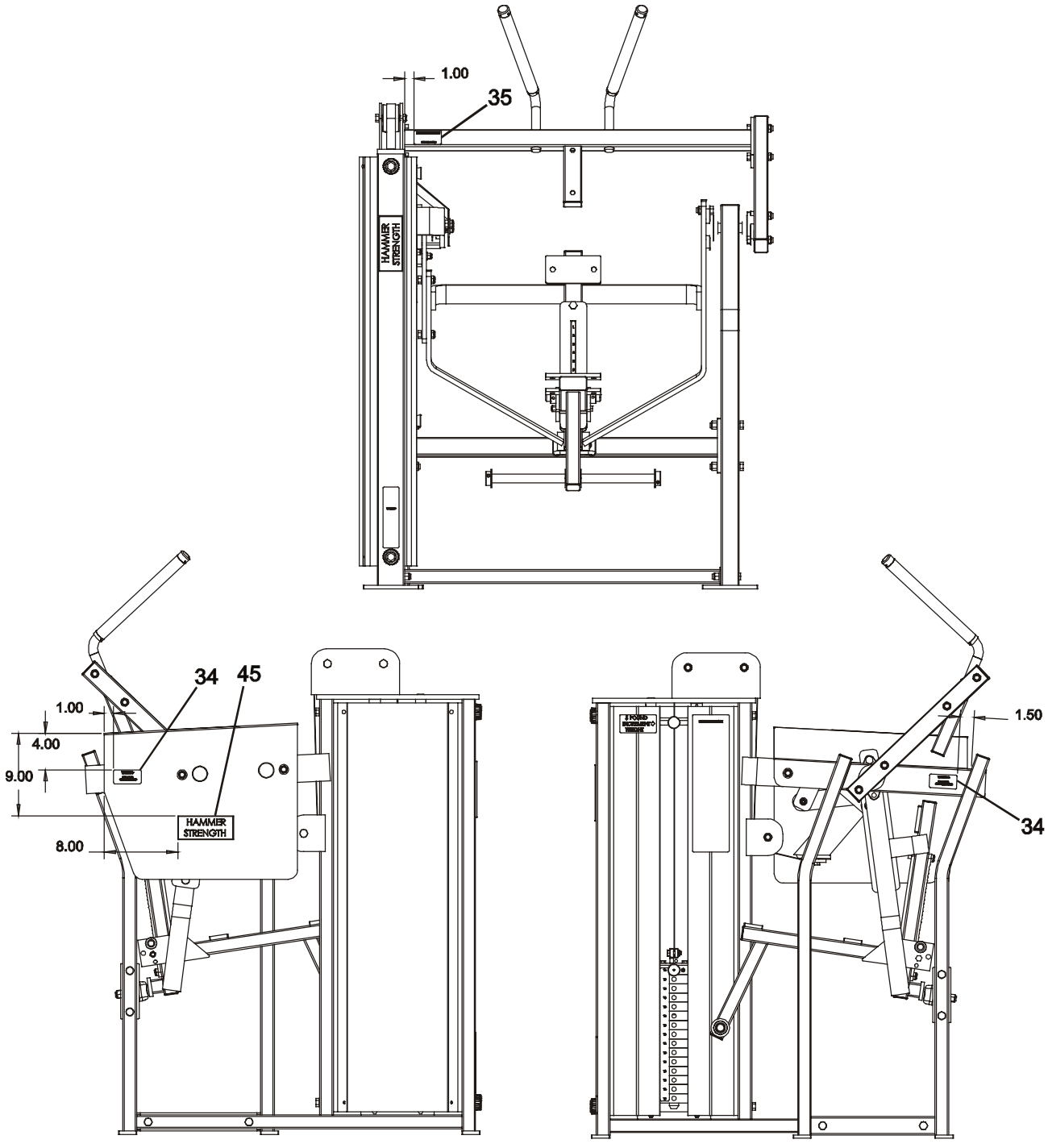
## MTAB-Motion Technology Abdominal Press
## Top Assembly



## MTAB-Motion Technology Abdominal Press
## Arm Link Assembly



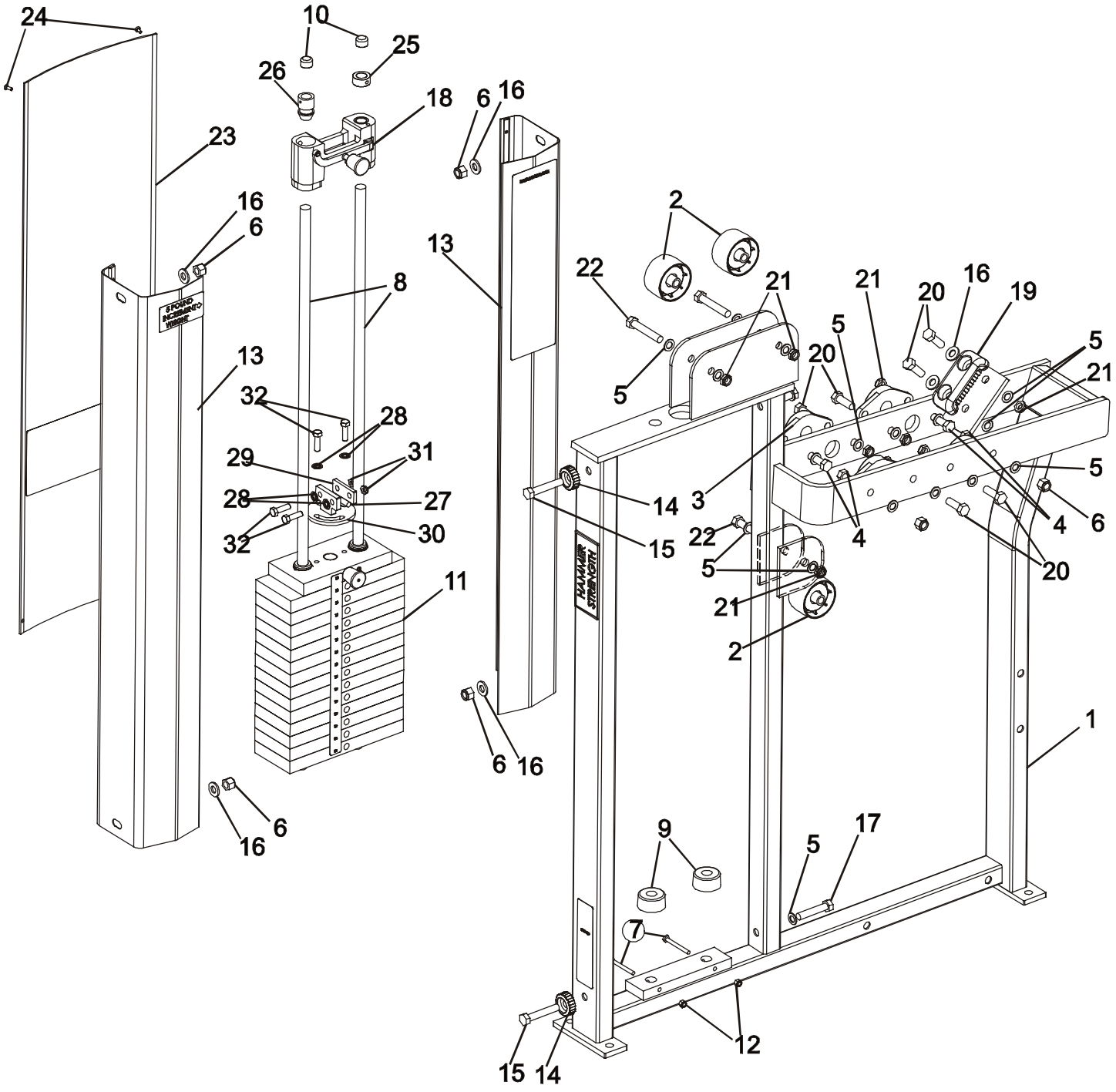
## MTAB-Motion Technology Abdominal Press
## Decals and Stickers



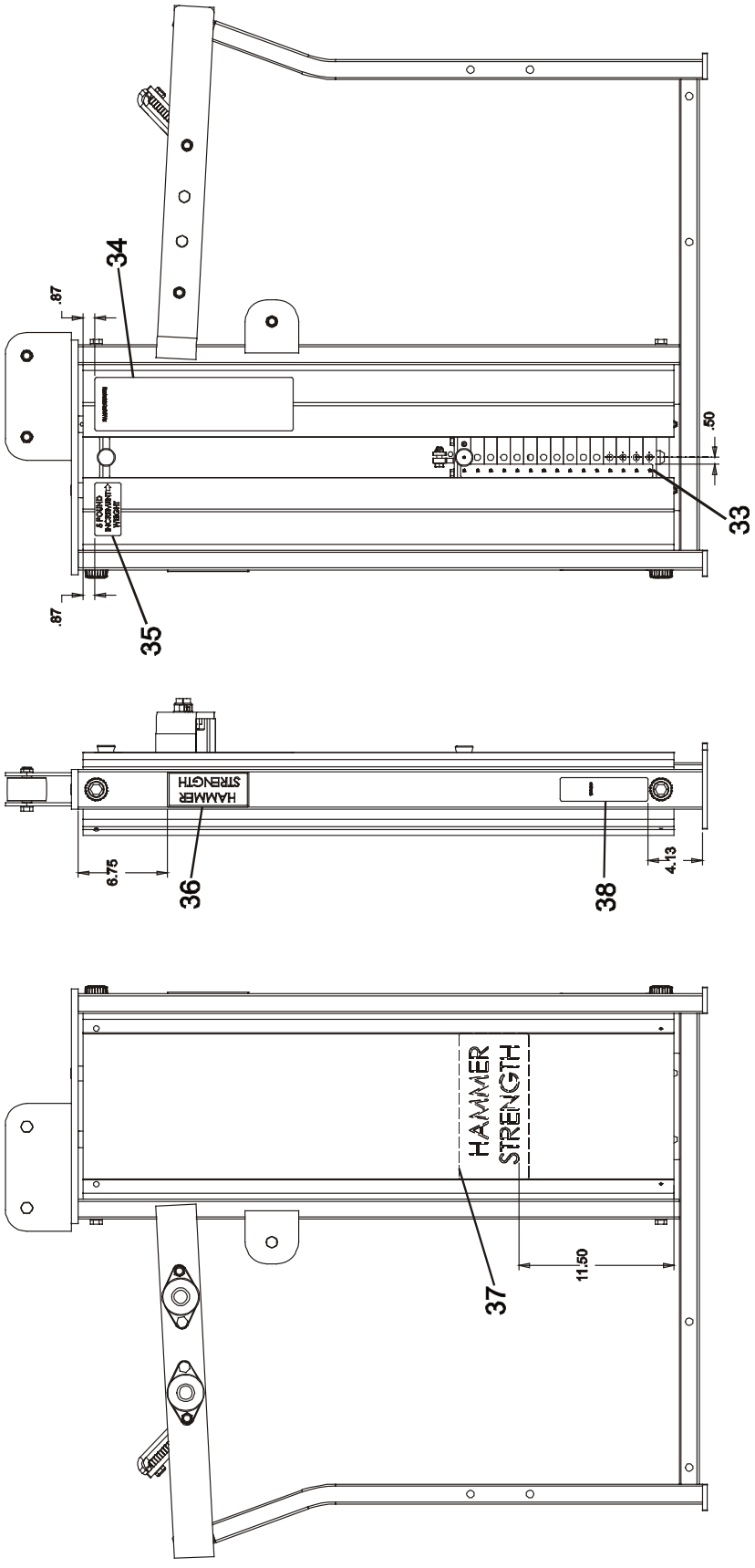
## MTAB-Motion Technology Abdominal Press
## Part Numbers and Description Table

| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-S0003 | Bottom Cross-Frame |
| 2 | 1 | MTAB-A0002 | RIGHT SIDE FRAME ASSY. |
| 3 | 1 | MTAB-A0005 | Upper Movement-Arm Assy |
| 4 | 1 | SK50-S0130-0000 | Right-Lower MA Assy |
| 5 | 1 | MTAB-A0007 | Lower Movement-Arm Assy |
| 6 | 1 | MTAB-S0009 | AXLE WELDMENT |
| 7 | 2 | SK50-S0129-0000 | Link Assy |
| 8 | 1 | MTAB-P0030 | Strap plate |
| 9 | 1 | MTAB-P0035 | GUARD |
| 10 | 6 | 0017-00104-0311 | 1/2" SAE Flat Washer |
| 11 | 8 | 0017-00103-0224 | 1/2" Thin Lock Nut |
| 12 | 26 | 0017-00104-0379 | 1/2" Internal Lock Washer |
| 13 | 2 | 0017-00101-1584 | 1/2 X 1 1/2 Bolt |
| 14 | 2 | 0017-00101-1572 | 1/2 X 2 1/2 Bolt |
| 15 | 4 | 0017-00101-1574 | 1/2 X 3 1/4 Bolt |
| 16 | 10 | 0017-00103-0223 | 1/2" Thick Lock Nut |
| 17 | 2 | 0017-00101-1576 | 1/2 X 4 1/4 Bolt |
| 18 | 2 | 0017-00101-1573 | 1/2 X 2 3/4 Bolt |
| 19 | 3 | 0017-00104-0390 | WHT TEFLON FLAT WASHER |
| 20 | 1 | 0017-00042-1038 | 1 1/2 X 3 End Cap |
| 21 | 1 | MTAB-S0011 | MTAB SEAT FRAME |
| 22 | 3 | 0017-00042-0945 | 1 1/2 X 2 Endcap |
| 23 | 1 | MTAB-S0006 | Upper Movement-Arm |
| 24 | 2 | 0017-00101-1582 | 1/2 X 3 Bolt |
| 25 | 1 | 0017-00042-1040 | HAMMER HEAD SMALL BUMPER |
| 26 | 1 | MTAB-S0004 | Rear Cross-Frame |
| 27 | 1 | MTAB-S0001 | Left Side-Frame |
| 28 | 2 | 0017-00009-0942 | 1" ID SHAFT COLLAR BORED .020 |
| 29 | 4 | 0017-00104-1383 | %%c1.00" FLAT WASHER |
| 30 | 1 | 0017-00033-0855(MTAB) | MTAB STRAP (76.00") |
| 31 | 4 | 0017-00101-1657 | .50"X 1.00" SHOULDER BOLT |
| 32 | 4 | 0017-00104-0313 | 3/8" SAE Flat Washer |
| 33 | 5 | 0017-00103-0229 | 3/8" Thick Lock Nut |
| 34 | 2 | M051-00293-A000 | WARNING DECAL |
| 35 | 1 | M051-00299-A000 | HAMMER PATENT DECAL |
| 36 | 1 | 0017-00101-1567 | 3/8 X 4 1/4 Bolt |
| 37 | 1 | 0K50-P1007 | Standard Hammer Seat Shaft |
| 38 | 2 | 0017-00009-1019 | 3/4" Lock Collar |
| 39 | 2 | 0017-00042-0967 | 3/4 I.D. BLACK PLASTIC ROD CAP |
| 40 | 2 | 0017-00101-1412 | 3/8 X 1 1/4 Bolt |
| 41 | 2 | 0017-00103-0217 | NUT 3/8 - NYLOC; THIN NY NO |
| 42 | 2 | 0017-00042-0953 | 1.375 X .750 RED RUBBER CAP |
| 43 | 1 | 0017-00042-1042.(MTAB) | BELLOW, PLASTIC (1.625") |
| 44 | 1 | 0017-00042-0944 | 1-1/2 X 1-1/2 Endcap |
| 45 | 1 | M051-00289-A000 | HAMMER STRENGTH NAME PLATE |

## MTAB-Motion Technology Abdominal Press
## Right Side Frame Assembly



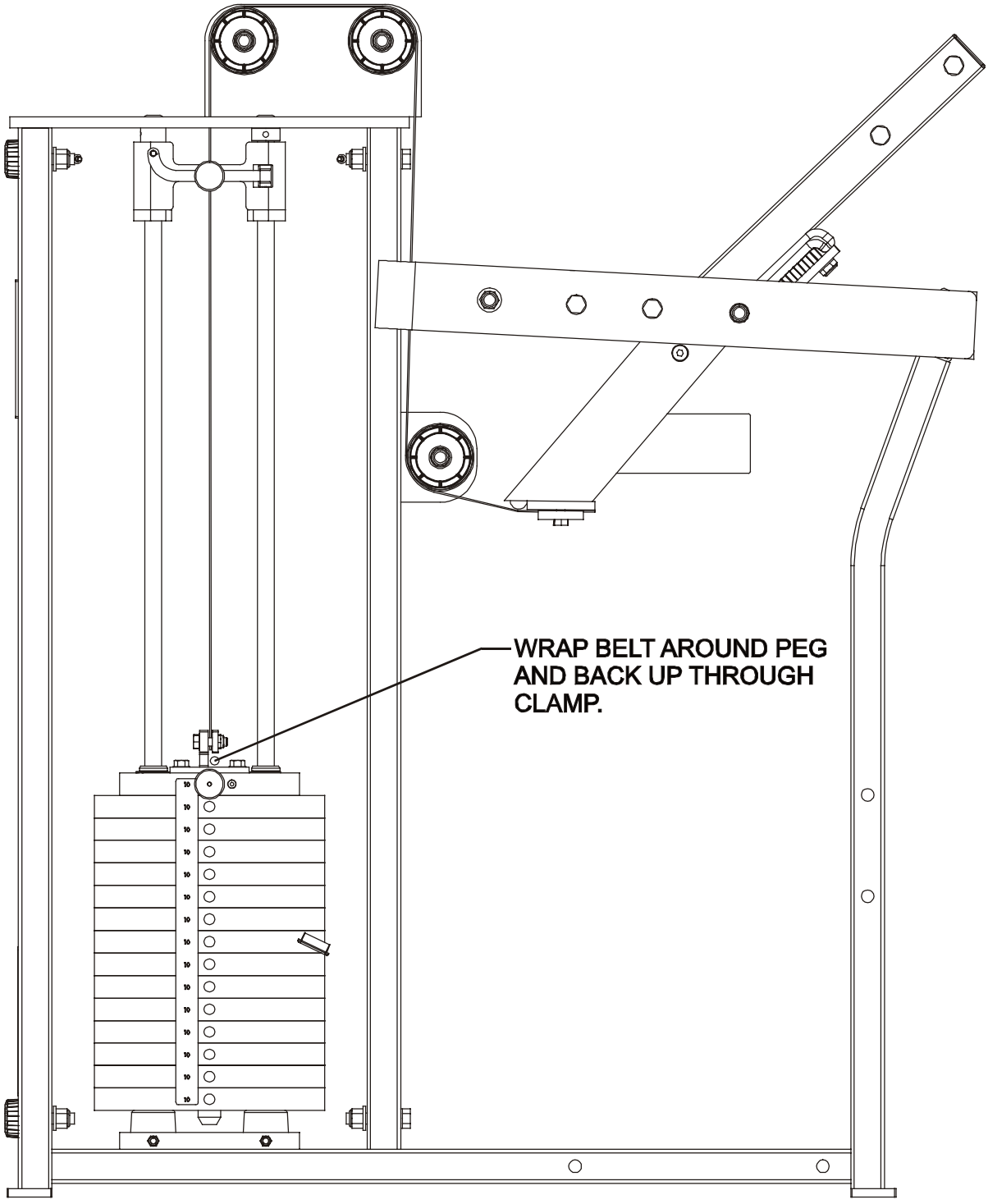
## MTAB-Motion Technology Abdominal Press
## Decals and Stickers



## MTAB-Motion Technology Abdominal Press
## Part Numbers and Description Table

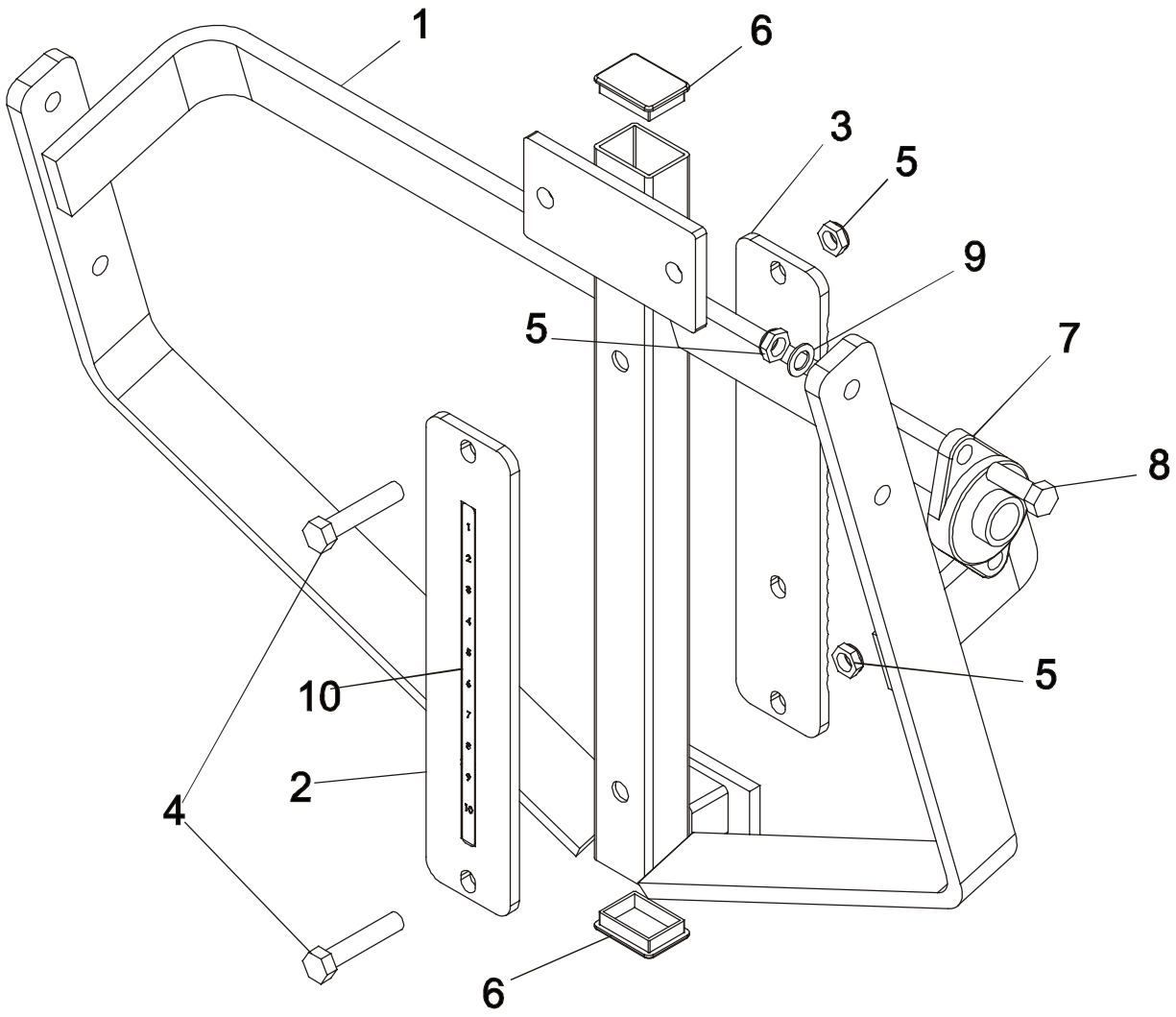
| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-S0002 | Right Side-Frame |
| 2 | 3 | 0017-00009-1039 | 3" PULLEY ASSEMBLY |
| 3 | 4 | 0017-00009-1034 | Small Bearing |
| 4 | 4 | 0017-00101-1578 | 1/2 X 2 Bolt |
| 5 | 18 | 0017-00104-0379 | 1/2" Internal Lock Washer |
| 6 | 6 | 0017-00103-0223 | 1/2" Thick Lock Nut |
| 7 | 2 | 0017-00101-1585 | 1/4 X 2 1/2 Bolt |
| 8 | 2 | 0017-00009-0933(MTAB) | .75" DIA.CHROME ROD (45.38") |
| 9 | 2 | 0017-00042-0993 | WEIGHT STACK DONUT 1" THICK |
| 10 | 2 | 0017-00042-0967 | 3/4 I.D. BLACK PLASTIC ROD CAP |
| 11 | 1 | AK50-WS018 | MTS 150 LB WEIGHT STACK |
| 12 | 2 | 0017-00103-0226 | 1/4" Thick Lock Nut |
| 13 | 2 | MTLC-P0130 | MTS SIDE SHIELD |
| 14 | 2 | 0017-00042-1041 | HAMMER HEAD WASHER |
| 15 | 2 | 0017-00101-1573 | 1/2 X 2 3/4 Bolt |
| 16 | 6 | 0017-00104-0311 | 1/2" SAE Flat Washer |
| 17 | 2 | 0017-00101-1572 | 1/2 X 2 1/2 Bolt |
| 18 | 1 | AK50-S0021 | Increment Weight Assembly |
| 19 | 1 | 0017-00042-1040 | HAMMER HEAD SMALL BUMPER |
| 20 | 6 | 0017-00101-1584 | 1/2 X 1 1/2 Bolt |
| 21 | 11 | 0017-00103-0224 | 1/2" Thin Lock Nut |
| 22 | 3 | 0017-00101-1582 | 1/2 X 3 Bolt |
| 23 | 1 | MTLC-P0131 | SHIELD BACK PANEL |
| 24 | 2 | 0017-00101-1587 | SHIELD RIVET |
| 25 | 1 | 0017-00009-1019 | 3/4" Lock Collar |
| 26 | 1 | 0K50-P1110 | GUIDE ROD COLLAR |
| 27 | 1 | 0K50-P1132 | BELT WRAP PEG |
| 28 | 4 | 0017-00104-0377 | WSH .375 INT LOCK ST ZN |
| 29 | 1 | 0K50-P1121 | Strap Clamp 2 |
| 30 | 1 | AK50-S0023 | BELT ATTACHMENT PLATE |
| 31 | 2 | 0017-00103-0217 | NUT 3/8 - NYLOC; THIN NY NO |
| 32 | 4 | 0017-00101-1412 | 3/8-16 X 20 UNS HEX BLT G5 ZN |
| 33 | 1 | M051-00294-A000 | WEIGHT STACK NUMBER STRIP |
| 34 | 1 | M051-00473-A000 | MTS ABDOMINAL |
| 35 | 1 | M051-00297-A000 | INCREMENT WT. DECAL (RIGHT) |
| 36 | 1 | M051-00289-A000 | HAMMER STRENGTH NAME PLATE |
| 37 | 1 | M051-00292-A000 | HAMMER STRENGTH SHIELD DECAL |
| 38 | 1 | M051-00335-A000 | WARNING DECAL |

## MTAB-Motion Technology Abdominal Press
## Belt Routing



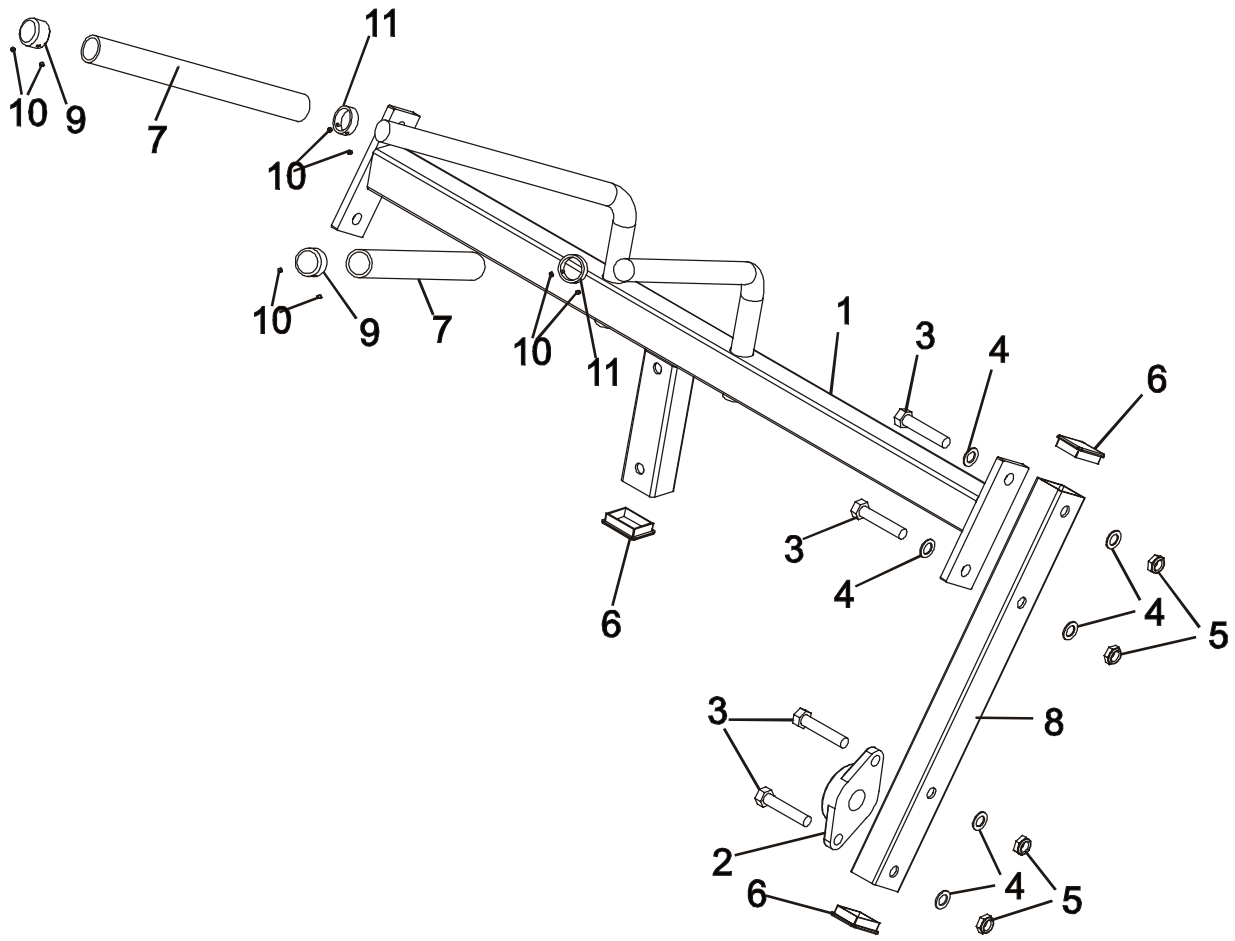

**MTAB Belt Routing**

## MTAB-Motion Technology Abdominal Press
## Lower Movement Arm



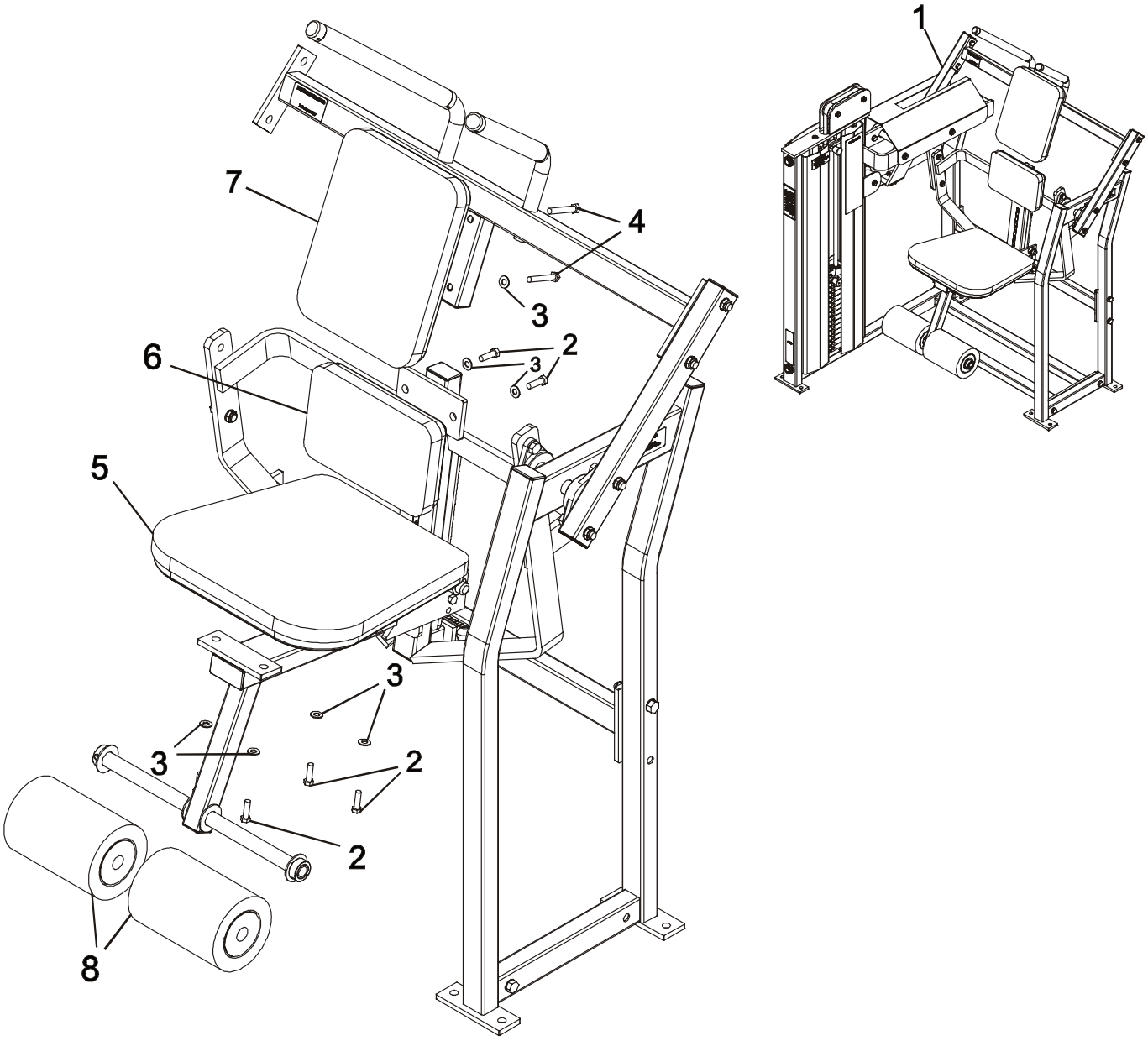

| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-S0007 | Lower Movement-Arm |
| 2 | 1 | 0K50-P1017 | Seatrack Front |
| 3 | 1 | 0K50-P1018 | Seatrack Back |
| 4 | 2 | 0017-00101-1572 | 1/2 X 2 1/2 Bolt |
| 5 | 3 | 0017-00103-0224 | 1/2" Thin Lock Nut |
| 6 | 2 | 0017-00042-0945 | 1 1/2 X 2 Endcap |
| 7 | 1 | 0017-00009-1034 | Small Bearing |
| 8 | 1 | 0017-00101-1584 | 1/2 X 1 1/2 Bolt |
| 9 | 1 | 0017-00104-0379 | 1/2" Internal Lock Washer |
| 10 | 1 | M051-00296-A000 | SEAT ADJUSTMENT NUMBER STRIP |

## MTAB-Motion Technology Abdominal Press
## Upper Movement Arm



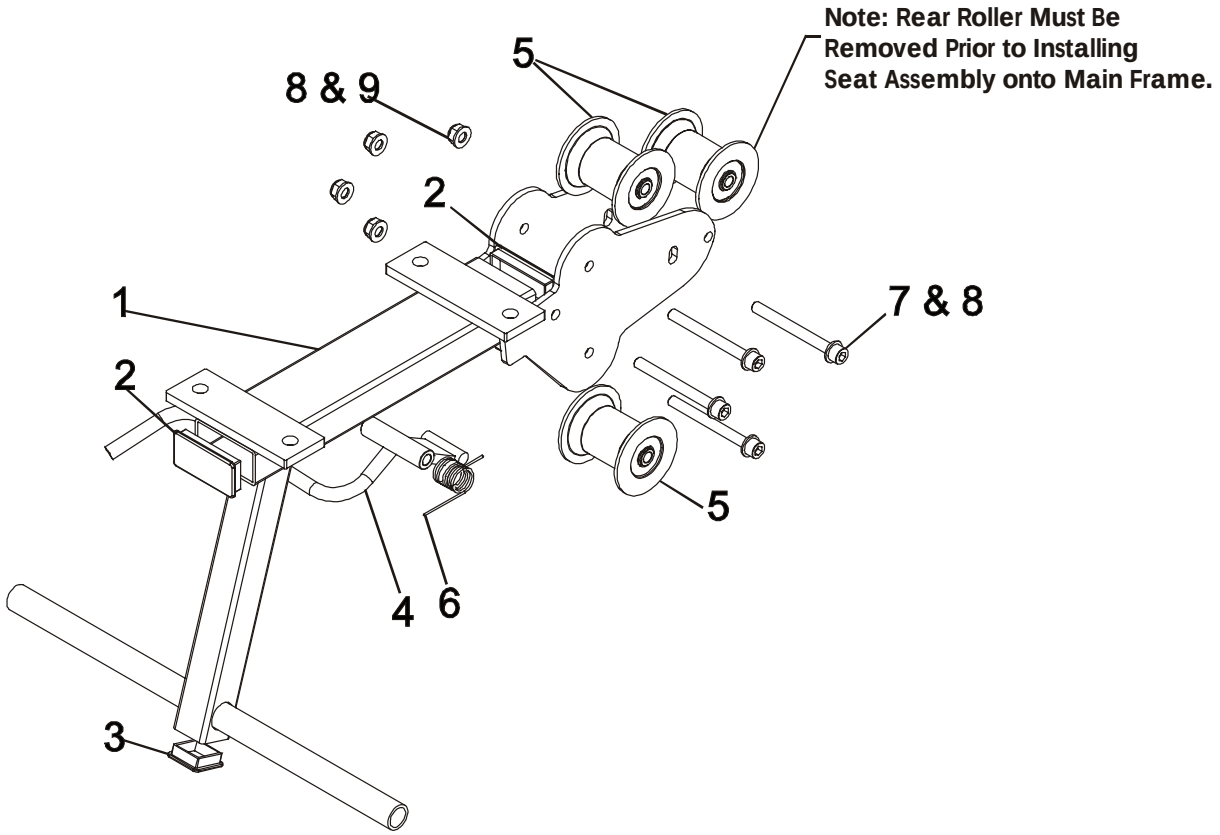

| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-S0005 | Top Movement Arm |
| 2 | 1 | 0017-00009-1034 | Small Bearing |
| 3 | 4 | 0017-00101-1572 | 1/2 X 2 1/2 Bolt |
| 4 | 6 | 0017-00104-0379 | 1/2" Internal Lock Washer |
| 5 | 4 | 0017-00103-0224 | 1/2" Thin Lock Nut |
| 6 | 3 | 0017-00042-0945 | 1 1/2 X 2 Endcap |
| 7 | 2 | H-GRIP | HANDLE GRIP (12.50") |
| 8 | 1 | MTAB-P0038 | ARM, RIGHT MOVEMENT |
| 9 | 2 | 0K50-P0315-2000 | END CAP |
| 10 | 8 | 0017-00101-1406 | 10-32 X 1/8" SET SCREW |
| 11 | 2 | 0K50-P0316-2000 | COLLAR, ALUMINUM |

## MTAB-Motion Technology Abdominal Press
## PADS




| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-A0000 | MTAB TOP ASSEMBLY |
| 2 | 6 | 0017-00101-1412 | 3/8 X 1 1/4 Bolt |
| 3 | 8 | 0017-00104-0377 | 3/8" Internal Lock Washer |
| 4 | 2 | 0017-00101-1417 | 3/8 X 2 1/2 Bolt |
| 5 | 1 | 0K50-US083-0000 | SEAT PAD |
| 6 | 1 | 0K50-US084-0000 | LOWER SEAT BACK PAD |
| 7 | 1 | 0K50-US085-0000 | UPPER SEAT BACK PAD |
| 8 | 2 | 0K50-US009-0000 | ROLLER PAD |

## MTAB-Motion Technology Abdominal Press
## Seat Frame




| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|---|---|---|---|
| 1 | 1 | MTAB-S0012 | MTAB SEAT FRAME |
| 2 | 2 | 0017-00042-1038 | 1.5" X 3.0" PLASTIC END CAP |
| 3 | 1 | 0017-00042-0944 | 1.5" X 1.5" PLASTIC END CAP |
| 4 | 1 | AK50-S0039-0000 | WELDMENT, RELEASE LEVER |
| 5 | 3 | 73763 | ROLLER ASSM. |
| 6 | 1 | 0017-00009-1110 | TORSION SPRING, S.S. |
| 7 | 4 | 0017-00101-1662 | M10 X 64 HXS SOC CS ST ZN |
| 8 | 8 | 0017-00104-0377 | 3/8" Internal Lock Washer |
| 9 | 4 | 0017-00103-0289 | 10mm THIN NYLOC NUT |